

THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

Self-care for busy people

When we're busy, self-care can be one of the first things to drop off the end of the 'to-do' list. It's very easy to think it's not important and that there are other things we need to do first. However, self-care is important. Without it, we burn out quickly. We can't give our all to our families, friendships and occupations if we have nothing left to give. Self-care gives us time to regroup and recharge.... on pg.12

Ryan International Group of Schools hosts the Indian Model United Nations Conference 2019

1200 delegates from across the country came together to shed light on some of the most relevant global issues like politics, economics, international affairs and more, at the Indian Model United Nations (INMUN) conference hosted by the Ryan International Group at New Delhi from 26th to 28th September 2019. Students were provided an enriching experience where they represented members of the United Nations to address pressing global issues. The event was graced by honorable guests speakers such as H.E. Mr. Umesh Kumar Sookmanee (Mauritius High Commission), Dr. V.P. Joy I A S, (DG - Ministry of Petroleum and Natural Gas), Mr. Upendra Singh Rawat IFS, (Ministry of External Affairs), Retd. Lt. Gen. V. K. Chaturvedi, Retd. Lt. Gen. P. S. Bhalla, Rear Admiral M D Suresh, Ms. Rina Sharma (Principal Scientist at CSIR-NPL), Ms. Lata Varghese (NLP Coach and Practitioner), Professor Harish Chaudhary (IIT), Padmavati Dwivedi (Social Activist), and Dr. Astha Ahuja (Asst. Professor Economics, Aryabhata College) among others who encouraged the delegates to bring positive change and become 'World Leaders' of tomorrow.

Speaking at the 18th INMUN conference, Dr. Grace Pinto, MD, Ryan Group said, "We are grateful to our Lord Jesus Christ for enabling us



provide this platform for our students that offers an excellent platform for students from diverse backgrounds to interact with one another and exchange ideas on global issues. Such an interaction equips them with knowledge and confidence which will eventually go a long way in shaping their careers. We believe that through this conference the delegates have emerged self-confident to build tolerance, accountability and strength as young leaders of tomorrow. We will continue our efforts to provide quality education to develop lifelong learners."

Indian Model United Nations is one of the major initiatives at the internation-

al level pioneered by Fonder-Chairman, Dr. A. F. Pinto of the Ryan International Group. It is India's longest running MUN since year 2001 and has grown with increasing numbers year after year with participation from national and international delegates from South Asian Countries annually.

—Ronida



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Perils of Falling in Love in Changing India

By Don Aguiar

This country is presently changing in all its finery. It encompasses everything and makes no attempt to hide anything: communal tension, society's attitude towards inter-community marriages, right-wing assertion on 'deviant' women, Beti Bachao-Sanskari Banao, the partisan attitude of the police and media, and the helplessness of the judiciary.

An eye opener to our youth to look, think, reason, consult and listen to experience well-meaning people before the leap is taken.....

Priyanka Jain (22) met George (34) at a college festival and fell in love. They got married in February 2018. George was already married when he met Priyanka, but estranged from his wife whom he subsequently divorced. To seal their love, George decided to convert to Hinduism, so that accusations of "love jihad" would be eliminated.

'Love jihad' is a fiction fabricated by Hindutva groups which claim Christian / Muslim young men have been systematically seducing impressionable Hindu women with a view to converting them to Christianity / Islam. Despite police investigations and court-ordered inquiries – including one the Supreme Court asked the National Investigation to conduct – no evidence has emerged of the existence of this 'conspiracy'.

They got married in an Arya Samaj temple, and George – now Pradeep Arya – brought home his bride, Priyanka Arya. So far, the woman's family was not in the know. In March, the couple applied for a marriage certificate and obtained it from Manipal, in the names of Pradeep Arya and Priyanka Jain, with their respective father's names mentioned in the certificate. But the court process necessitates information becoming public and three months after they secretly got married in an Arya Samaj temple, Priyanka's father found out about their relationship. The persecution began immediately.

The couple was separated and Priyanka was allegedly thrashed every day, taken to unknown locations and given medicines which caused epileptic seizures. Weeks later, Pradeep filed a habeas corpus petition in the Bangalore high court. Priyanka was found and produced in the court by the police. On being closely questioned by the chief justice, she said that she had mar-

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(Contd.. from p. 3)

ried Pradeep of her own free will as an adult and that she wanted to live with him. The court decided to give her a choice – to either live with her parents or go to a women’s hostel and live under police protection. Despite her saying she wanted to live with her husband, she ended up in the Government Girls Hostel, Bangalore.

While Pradeep followed up with the high court to restore his conjugal rights, the chief justice heard Priyanka in his chambers for 1.5 hours and passed an order which states that a woman has every right to decide for herself and the state is duty bound to provide her security. But for the past seven months, Priyanka has been living at the NGO Centre, Manipal because she can’t go home, she doesn’t want to go to her parents’ home and her husband has been jailed on an FIR lodged by her father.

The FIR says George (Pradeep) cheated Priyanka and said he was unmarried, though he wasn’t. This is based on that fact that he ticked an incorrect box in the 25-page declaration that he signed at the Arya Samaj temple. The woman says that she knew about his marital status and had informed her family about it too, but they do not believe he was divorced or had converted to Hinduism.

This drama was not unfolding only in the two families’ homes – that’s not how ‘New India’ works. The Jain Samaj took out rallies and marches, and even held a Hassan bandh against what they insist is ‘love jihad’. A member of the Jain community said about why a bandh was called. “The woman had said in the court that she wants to go with her parents. She is under some mysterious spell.” The GGH Hostel in Bangalore was under 24-hour vigil by some right-wing activists when the woman was there, and now the same vigil is being observed in Manipal.

The woman’s father went to the Supreme Court against the high court order. While the Supreme Court agreed with the high court, it has so far not

given a definite order. The next hearing is in November.

Meanwhile, the drama has intensified in Manipal. George’s (Pradeep) advocate Anjali Shetty went to the NGO Centre to meet Priyanka, but was chased away by the DSP and additional the SP. She said, “I don’t know what they were doing there when the SP is posted in Lakkundi. I was manhandled and the woman was being threatened. I have lodged a complaint against the officers and I will raise this with the Bar Council in Bangalore.”

The DGP, has been apprised of the matter, but he said, “We are bound by the court order. We have continued to protect the woman and provide her a safe house.” He also said that he had received an SMS for help from the woman some months ago, which led to her rescue from her father’s home in Hassan and being brought to Manipal. “As far as we are concerned, we will continue to provide her security and not let the situation deteriorate.”

The woman, meanwhile, has been writing furious Facebook posts beseeching society to accept her and Pradeep as they are. Her accounts have been hacked thrice, and each time she has to create a new one. Malicious rumours are being spread on the internet, about how George (Pradeep) has many wives and Priyanka is under a spell.

Priyanka’s parents are from a well-to-do family in Hassan, and the Jains are sticking together on this. Several

appeals from liberal-minded people have fallen flat on their ears.

For anyone keeping pace with Changing India, it should be clear how this story will end. Priyanka and George’s (Pradeep) love story is unlikely to have a happy ending.

Let’s celebrate an eco-friendly Diwali

Diwali is one of the loveliest festivals of the Hindus. But sadly, people are forgetting the real meaning of Diwali. For them, it is not a festival of lights, but a festival of crackers. With every household burning crackers, noise pollution and air pollution increases and it causes more sickness to the already sick and suffering people. Diwali must be celebrated in an eco-friendly manner. Noisy crackers and those emitting a lot of toxic gases should not be burned. People are prone to breathing problems when they inhale smoke. Those suffering from asthma, bronchitis and hypertension suffer a lot. If we cannot refrain from burning crackers, then let us at least make Diwali safe. Plastic sheets from rooftop of houses should be removed in order to avoid accidental fires during Diwali, especially when burning dangerous firecrackers like rockets and atom bombs.

— *Jubel D’Cruz,*
Mumbai

RBI must instil confidence in the banking system

The PMC bank fraud has shaken the confidence of the people in the entire banking system. Depositors have lost their hard earned money and already 4 of them have died of shock. As watchdog, the RBI must take full responsibility by booking the culprits and instil confidence in the banking system by making good the loss suffered by depositors.

Last year the RBI paid a dividend of Rs 1,76,000 cr to the govt by way of profit. The PMC bank scam is in the region of Rs 7,000 cr or merely 4% of RBI annual profits. Moreover, the assets seized by the ED are adequate to cover the losses suffered. So what’s the problem? RBI can easily merge PMC bank with SBI giving the latter all the seized assets. Depositors will get back their hard earned money and confidence will be restored in the banking system.

—*Robert Castellino*
Mumbai



Mariam Thresia is India's ninth Catholic saint

With the canonisation of Sister Mariam Thresia as a saint on October 13, 2019, India now has nine saints of her own. They are — St. Gonsalo Garcia, St. Francis Xavier, St. Alphonsa, St. John de Britto, St. Kuriakose Elias Chavara, St. Euphrasia Eluvathingal, St. Joseph Vaz, St. Mother Teresa and St. Mariam Thresia.

St. Mariam Thresia is Kerala's fourth Catholic saint. The first three are St. Alphonsa, St. Kuriakose Elias Chavara and St. Euphrasia Eluvathingal.

—Jubel D'Cruz,, Mumbai

EC directs church to pull down banner

This is with reference to "Parish priest offers best wishes to ex-student" (TOI Oct 13). The parish priest of Our Lady of Egypt's church Kalina put up a banner offering best wishes to a candidate who is contesting the assembly elections from Kalina.

The parish priest may not have violated the model code of conduct which is mandated by the Election Commission. However, to my mind, he has violated a 'moral code of conduct' that parishes in Mumbai have been following.

A parish priest is the sole trustee of the parish. He holds a very responsible position and can mould the opinion of his parishioners. And while he may express his personal opinion or wishes in private, it would be inappropriate to do so publicly and that too on a banner during elections. Moreover this may set a bad precedent. What will happen if all parishes begin

putting up banners during elections wishing one or the other candidate in the constituency? Other candidates will have every reason to take umbrage.

As a Catholic from cosmopolitan Mumbai I can proudly say that we Catholics enjoy the love and respect of all people. Let us hope and pray it remains so.

(The EC has directed the parish priest to remove the banner).

—Prof Robert Castellino
Orlem

"How dare you... arrest Aarey peaceful protestors?"

The 29 Aarey (Mumbai) protestors who were arrested on Oct 4-5 and are now out on bail, have been slapped with criminal charges. They are not hardened criminals or rioters but peaceful protestors, doing their bit to protect the environment. Most of those arrested are students and millennials who are genuinely concerned about the environment. They will be most impacted in years to come.

"How dare you...treat them like criminals?" Greta Thunberg would have thundered.

Such criminal cases tend to drag on for years and cause untold hardships to those booked. These youngsters will not be able to apply for a new passport or renew an old one. In many cases they will not get employment even within the country. The charges must be withdrawn against them else this will deter people from protecting our endangered environment.

—Prof Robert Castellino

Improve Goa bus services

With reference to Prof. Robert Castellino's letter titled : A bus trip from Baga to Mapusa in The Secular Citizen dated 7 Oct. 2019 all bus staff ie the conductor and bus driver must wear uniforms at all times and the conductor must issue tickets at the bus station before passengers enter the bus - preferably flat rate tickets to prevent any change problems - and if a passenger loses a ticket he must be requested by the bus conductor to buy a new ticket

Buses must be hybrid so that are more economical to run and must be cleaned , disinfected and waxed daily and must be air cooled and have a GPS system / Tom Tom and window screens / shades to make travelling in them more pleasant and fire extinguishers to deal with short cut circuits and fires and a very well equipped first aid box , well maintained seats and must have a bell for the conductor to start and stop the bus and all bus stops must be displayed digitally and announced on a screen in the bus and bus passengers must be persuaded by the bus conductor to enter and exit the bus in a single file ie in an orderly manner.

Bus stops and bus stations must be demarcated with a bus stop sign and pillar displaying all the bus stops to different destinations and must have seats .

Sea links must be built to help shorten lengthy bus routes and bus lanes demarcated with a white line drawn on the road together with the words on a sign board saying BUS LANE in block letters can help speed up bus travel too and city bus routes must be integrated with bus routes going to other destinations to help cut travelling time and make bus journeys more affordable.

Railway buses ie buses that can be used both on the railway tracks and on the road must be promoted as alternative forms of transport.

In these ways we can and must improve Goa bus services and make them attractive to one and all.

—Peter Castellino

Challenges Of Secularism & Religious Freedom

There is a saying in English "Proof of pudding is in its eating." Hindutva forces are let loose without any obstructions against Muslims and Christians after Modi government came to power first in Gujarat and later in the Centre. In the name of 'Home Coming' the Parivar people are re-converting poor and Dalit Muslims and Christians from their religions using all types of forces and incen-

tive including bribes. Re-conversion programmes are sometimes publically announced and there are news reports that gullible people are reconverted to Hinduism according to Arya Samaj rites!

I have heard about advertisement that Chris-



by Fr. Varghese Paul, SJ

tians are offered certain sum for reconversion and double the sum is offered for a Muslim to get reconverted to Hinduism! Within two months of Modi government coming to power in the Centre five churches and one school were attacked in the capital city of New Delhi!

From the time of preparation of the election for the last Loksabha we have been hearing and reading about "Love Jigad" especially in states like Uttar Pradesh and other BJP rules states. After Modi government came to power at New Delhi the forces against Secularism and Religious Freedom have become active in many parts of the country. But the Prime Minister has not uttered a word against these anti-social elements raising the question. "Is Modi still sleeping like Kumbhakarna?"

Modi's silence is taken as permission by certain Sadhus, Satvinis and even some politicians and Hindutva leaders to speak hatred and intolerance against the minorities especially against the Muslims and Christians. These so called religious and political leaders and their followers are in the field to harass and persecute the Muslims and Christians. The Modi government has taken the stand like the three monkeys of Gandhiji of 'not hearing', or 'not speaking' or 'not doing anything' about hate-mongering and persecution of the minorities.

Learning about such news of the persecution of the minorities in the friendly country India, the American President Barrack Obama in his address at New Delhi Siri Fort Auditorium on 27th January 2015 spoke about it. There were news reports about Obama's address by the world wide mass media. Obama said that every person has the right to be free from tyranny, fear or to practice on religion without any discrimination. And India will continue to succeed

(Contd.. on p. 7)

Three Days Retreat in Konkani

Praise the Lord Jesus! Alleluia



**Seek your Hapines in the Lord,
and He will give you
your heart's desire
(Psalms 37:4)**

**Three days Retreat in Konkani
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(Contd.. from p. 6)

when India is not divided on the basis of religions... Unity in diversity is the strength which unites India and America. Both the countries have to be alert constantly against the attempt to divide on the basis of races. This is the thing which makes us world leaders. It is not the size of our economy or our armament. (Naya Marg, Feb. 1, 2015)

After enjoying the hospitality of Prime Minister Modi on the Republic Day 2015 Obama returned to America and once again referring to the religious intolerance in India and the persecutions against Christians and Muslims. Obama said that Gandhiji would have been shocked about the attacks against the minorities. The whole world reacted to Obama's two comments within 9 days. The echoes of his comments were heard everywhere. Shocked by the comments of Obama the Prime Minister finally broke his silence. He publically spoke on February 27 in English at New Delhi in a meeting of the Catholic Bish-

ops Conference of India that his government will not tolerate any kind of religious violence. Strong actions will be taken against such violence. According to newspaper reports Modi also said, "My government will give equal respect to all religions. Respect for all religions should be the DNA of every citizen. Let us hope that the words of Modi will be headed by the Sangh Parivar. For, the taste of putting is proved only by eating it.

Some Sangh Parivar people reacted saying that Obama, instead of interfering in the internal matter of India, should pay attention to the intolerance between the White and the Black people in his own country. Our politicians' words and their actions are different like the elephant's teeth, which are different for showing and eating. In Obama's America there are no distinctions in the name of religions and races. There is not only the white and black people but also the citizens migrated from different countries also enjoy equal rights and respect without any distinction. Of course, there by way of exception

crimes are committed against equal opportunity and rights.

An English periodical by name 'The Asian Era' is published from America. My article entitled Challenges to Journalism in Digitalized World appeared in the periodical in its October-November 2013 issue. The editor Ajay Ghosh sends me its copies by e-mail. I am impressed the achievements of people in USA who are migrated from India and other Asian countries.

Some people here call Sonia Gandhi 'The daughter of Italy' because she has married Rajiv Gandhi and has become his wife and a citizen of India. Such people will not be able to understand how Indian-origin Richard Rahul Verma has become the new ambassador of USA to India! Then, two original Indians Bobby Jindal and Nicky Hailey become the governors of Louisiana and South Carolina respectively! I believe that there three Indians who have been born and brought up in Hindu religion and culture must have become impressed

(Contd.. on p. 19)

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7

Abrogate Sedition Immediately

The prayer of the petitioner must have sounded like this-

"Your honour - you must listen to me immediately:

There are these people you know, filmwallahs, writerwallahs, jholawal-lahs, even some historywal-lahs and all kinds of people you know, they have written a letter in English language (which is a foreign language) to our wonderful Prime Minister. You know Sir, it is not a love letter but they are asking questions in the letter, making serious allegations to spoil the name of 'Bharatmata' and they have gone and published it everywhere! Serious questions and they expect a reply from the Prime Minister too! They don't even know that he is so very busy going on 'phoren' tours, and of course spending our hard earned money on nothing! That he really has no time to read any letters very specially those letters written in English

The questions these 'wallahwallahs' ask in the letter Sir are about a phoren word called "lynching"; most Indians have never heard of this word. Besides the other day, when our Gurujii was celebrating the burning of Ravan and the puja of weapons, he told us that both 'the word and the deed' came from the Bible; that Jesus Christ was the originator of it since he took sides with a woman. You know, how it is in our culture Sir; you are not expected to take sides with a woman we men are always the boss! But according to our Gurujii Jesus also allowed the men to stone the woman! It was there that all this began! So we don't do lynching here Sir!

These people who call themselves celebrities or whatever (yes Sir, they go for too many parties and they don't support our one party rule) are so fixed with this 'phoren' word that they think they can ask questions about 'why

this and why that'? Who gives them the right may I know? The right to ask questions belonged only to the Gandhi and Nehru time, but no longer now.

The problem Sir if they start asking questions to the Prime Minister, then many more people may actually start 'thinking' in our country and also asking questions and one day 'our kind' we will no longer be in power! They will question about "acchhe din", about the tampering of the EVMs, about how only certain of our friends are becoming richer, about the corruption and the scams that are going on, of how anyone in opposition is bought up or jailed... Many, many.



BY FR. CEDRIC PRAKASH SJ

So what you must do Sir, is to immediately charge them with 'sedition' Ha, that too is an English word - but then it was brought into our system about one hundred and fifty years ago by our friends the British. This was a law that was brought in to deal with likes of Lokmanya Tilak, Mahatma Gandhi and others who were wanting independence (yesterday they called them 'freedom fighters' today the modern ones are known as 'human rights defenders') It is in our DNA to support the idea of 'sedition'. All our big guys will support in this! You will get a promotion; you will be elevated: besides your kith and kin will receive a huge financial bounty which our bosses made during demonetization. So charge these forty-nine immediately Sir: put them in jail for life or well, send them to Pakistan for good! We need to put our foot down on anyone who talks truth and demands justice in India today! So act fast Sir!"

The above may sound satirical and in fact, even frivolous: but sadly, it is certainly very dangerous! It is another bell tolling for the destruction

and death of democracy in India!

The 'Sedition' law is in itself not merely archaic but highly draconian. It is found in **Section 124A** of the Indian Penal Code lays down the punishment for sedition. The Indian Penal Code was enacted in 1860, under the British Raj. Section 124A forms part of Chapter VI of the Code which deals with offences against the state. Chapter VI comprises sections from 121 to 130, wherein section 121A and 124A were introduced in 1870. The then British government in India feared that Muslim preachers on the Indian sub-continent would wage a war against the government. Throughout the Raj, this section was used to suppress activists in favour of national independence, including Lokmanya Tilak and Mahatma Gandhi, both of whom were found guilty and imprisoned. The section kept drawing criticism in the independent India as well for being a hindrance to the right to free speech. The word 'sedition' however has given rise to several interpretations and even explanations. In general, it states that *"whoever, by words, either spoken or written, or by signs, or by visible representation, or otherwise, brings or attempts to bring into hatred or contempt, or excites or attempts to excite disaffection towards, the Government established by law in India, shall be punished with imprisonment for life, to which fine may be added, or with imprisonment which may extend to three years, to which fine may be added, or with fine"*.

The 'explanations' include

- (i) the expression "disaffection" includes disloyalty and all feelings of enmity.
- (ii) comments expressing disapprobation of the measures of the Government with a view to obtain their alteration by lawful means, without exciting or attempting to excite ha-

(Contd.. on p. 9)

(Contd.. from p. 8)

tred, contempt or disaffection, do not constitute an offence under this section.

(iii) comments expressing disapprobation of the administrative or other action of the Government without exciting or attempting to excite hatred, contempt or disaffection, do not constitute an offence under this section

What the so-called 'merits and demerits' of the Sedition Law itself the order passed on 4 October by the Chief Judicial Magistrate of Muzaffarpur Bihar is a blatant case of judicial overreach or downright sycophancy. The order to file an FIR against forty-nine eminent personalities of the country was based on a 23 July 'Open Letter' they had written to the Prime Minister of India Narendra Modi. The petition accused the signatories of having "tarnished the image of the country and undermined the impressive performance of the prime minister", besides "supporting secessionist tendencies".

The 'Open Letter' in nature and content was a cry of pain and anguish of what is happening in the country today by forty nine celebrities from all walks of life, including filmmakers Shyam Benegal and Aparna Sen ,vocalist Shubha Mudgal ,historian Ramchandra Guha,social activist Binayak Sen and sociologist Ashis Nandy .The letter said that the lynching of Muslims, Dalits and other minorities must be stopped immediately; "The lynch-

ing of Muslims, Dalits and other minorities must be stopped immediately. We were shocked to learn from the NCRB that there have been no less than 840 instances of atrocities against Dalits in the year 2016, and a definite decline in the percentage of convictions," while also stressing that "there is no democracy without dissent. People should not be branded anti-national or urban Naxal and incarcerated because of dissent against the government." They continued, "We, as peace loving and proud Indians, are deeply concerned about a number of tragic events that have been happening in recent times in our beloved country," They also regretted that "Jai Shri Ram" has been reduced to a "provocative war cry"; "Ram is sacred for the majority community, stop defiling the name of Ram,". They also alleged the prime minister's inaction on the issue. "You have criticised such lynchings in Parliament Mr. Prime Minister, but that is not enough! What action has actually been taken against the perpetrators?" There was a spontaneous national outrage against the CJMs order, from all concerned with what is happening in India .Thousands signed a solidarity petitions in support of the celebrities. Editorials and op-eds were written demanding the immediate abolition of the 'sedition law'. Fortunately, about a week after its filing,the Bihar police decided to close the sedition case against the celebrities. The police termed the case "maliciously false" and recommended action against petitioner. "The SSP recommended closure of the case and action against the complainant for filing a false case without any rhyme or reason,".

Whilst a case is being filed against the petitioner (he is planning to appeal against the police decision) what is more important is that the CJM of Muzaffarpur, needs to be hauled up and even debarred from the arena of the judicial services. The 'Times of India' in a timely editorial (11 Oct. 2019) entitled 'Abusive Law' says "Scrap Sedition. Its distinction from free speech is lost not just on cops but also on magistrates" The editorial goes on to say, "there is little cause for relief over

one case being closed as more will keep popping up in some state or the other". There are enough instances of cases in the past of how the 'sedition law' is systematically and selectively used to target individuals and groups who take a stand for truth and justice.

Freedom of speech and expression guaranteed in Article 19 of our Constitution is sacred and fundamental to our way of proceeding as a democracy. The 'sedition law' is both archaic and draconian and is still being used by the "powers" to quell dissent and even to muzzle citizens when they ask questions! When the rulers (particularly totalitarian regimes) are weak, insecure, corrupt, unjust and afraid of the truth, they conveniently take resort to something like 'sedition'.

The law and order machinery needs to awake and also be hauled up for even entertaining such a petition on sedition. If this Government has any shame, if they are committed to the rights and freedoms guaranteed in the Constitution, the least they can do is to abrogate this anti-democratic law immediately! Until then we the people of India must stand up visibly and vocally and say to all who are desperate at destroying India: "Abrogate Sedition immediately!"

**(Fr Cedric Prakash SJ is a human rights and peace activist/writer. Contact:cedricprakash@gmail.com)*

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Being Christian means being Pro-Life

The Pro-life Movement, which is being spearheaded by Christians who are fighting for the rights of the unborn, particularly in the United States of America, must be supported wholeheartedly by all Christians and all men and women of goodwill. Apart from the killings in different wars, there is so much hidden violence in the world today – against women, children, minorities, migrants, the poor and the unwanted. Much of this unseen violence is due to our becoming increasingly desensitized and dehumanized with more and more people getting taken up with anti-life activities: like arms-production, discrimination against weaker sections of society, wanton destruction of the environment, and total disregard for the most helpless of human beings, viz., the unborn child -- through abortion, IVF and other medical practices which promote a 'culture of death'. It was Saint Mother Teresa of Kolkata, who said in a speech in Washington, D.C., on Feb. 5, 1994, "Many people are concerned about all the violence in the United States. These concerns are very good. But often these same people are not concerned with millions who are being killed by the deliberate decision of their own mothers. And this is what is the greatest destroyer of peace today – abortion which brings people to such blindness." In fact, the scourge of abortion has been described as a "silent genocide".

For Christians, Sacred Scripture, Sacred Tradition and the Teaching Authority of the Church (on which the Faith is based) have consistently maintained, down through the centuries, that human life begins at conception and is sacred, since it is created by God in his own image and likeness. Therefore, no one has the right to end the life of a human being, not even the individual himself. The Fifth Commandment of God is categorical: "Thou shalt not kill". And Jesus says, "Whoever you do to the least of my brothers and sisters, you do unto Me." How then can Christians keep silent when millions of their utterly helpless brothers and sisters are being exterminated daily through unethical medical practices like abortion, IVF, etc.? Since life itself is the greatest gift given to us -- without which nothing else counts -- it is incumbent upon all of us to take up the fight for the unborn child's right to life by supporting pro-life groups and other such initiatives, before addressing any other cause. We would do well to remember that each one of us was once conceived as a tiny fragile being, which was welcomed and nurtured by our dear parents. Today, in many places, the mother's womb is becoming the most dangerous place for a child to be in, where once it was the safest place for it -- prepared by God Himself. It was Saint Mother Teresa, again, who said, "If a mother can kill her own child, what then is left?" Perhaps, the Prophet Isaiah foresaw that such a time would come one day, when he wrote, "Can a woman forget her sucking child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you. Behold, I have graven you on the palms of my hands." (Is 49, 15-16)

—Joseph M. Dias, S.J.
Andheri (E), Mumbai-400 093.

**'Servant of God'-
Msgr. George Fernandes.**

Another Indian saint in the making

As an ex-parishioner of St Michael Church, Mahim, as well as an ex-student of St Michael high school, it is a matter of great joy and pride to read about the elevation of my ex-parish priest and principal Msgr. George Fernandes to the position of 'Servant of God' by 'Vatican's Congregation for the causes of saints' – the second stage in the run-up to beatification and sainthood. Msgr. George was a multi-faceted personality---- An all-rounder in every field and a person of incredible zest and energy. Besides being an excellent preacher, Msgr. George was an excellent administrator, erudite Doctor of Divinity, musician and conductor of the parish choir, a strict disciplinarian, and above all a great devotee of Mother Mary. His contribution to the Marian Congress of 1954 was much appreciated. As parish priest, Msgr. George breathed life into the dormant parish of St Michael, ushering in a total transformation, a new era and springtime which cannot be forgotten. One cannot forget how people thronged the 7 p.m. Wednesday novena services of Mother of Perpetual Succor, just to hear his sermons. Where there was no parish solidarity, Msgr. George was responsible for setting up the Young Men's, young ladies', married men's, married women's, Konkani, and Marathi sodalities., with weekly meetings. Parish activities and social gatherings and events flourished under the supervision of Msgr. George, with 'square dancing' becoming an all-time hit and favourite with his parishioners. As school principal, mass-drills were conducted under his supervision where students of all classes marched in unison to the drum beats of Msgr. George. A remarkable feat, to say the least. In short, there was a general awakening in the parish, unprecedented in the previous years. Little wonder then, why Msgr. George earned the admiration of all and rose to become the blue-eyed boy of the late Cardinal Valerian Gracias. As a token of appreciation of his unflinching dedication and services, parishioners of St Michael's gifted Msgr. George with a 'Morris Minor' car on his 50th birthday (1953). Much more can be written about the accomplishments of Msgr. George which even after 6 decades continue to remain fresh and etched in the minds of his erstwhile parishioners. In conclusion therefore, my sincere hope and prayer is that despite the human frailties of Msgr. George, God will reward him by granting him the honours of the altar, soon.

—A. F. Nazareth
Alto Porvorim.

Importance of going for honeymoon after wedding

When you are getting married it becomes a craze that you decide on your honeymoon destination. When you are done with all the wedding rituals, the first thing any married couple would do is go on their honeymoon trip.

To understand each other :

If you fall into the category of arranged marriage, then honeymoon will help you to know your partner much better. A relaxed environment, away from the hustle and bustle of the routine life, will enable the love between you and your partner to blossom.

Lasting memories :

When you are on your trip, you make many memories to hold onto. Few are captured in pictures and few are the ones which you would love to share with your family and friends. This makes your bond stronger with them.



To relax :

Even the most modest weddings are stressful and tiring. And if you are like most couples, you will spend more time your guests than your new spouse at your wedding. A honeymoon is your opportunity to relax alone together.

To bring the sense of togetherness :

Having some personal time away from your busy schedule and daily life interruptions will enable you to connect with your partner and enjoy each other's presence. Spending time together will set up a conducive situation for intimacy and romance.

The forthcoming

Bumper Christmas Issue 2019

Theme GIFTS

Giving and receiving Gifts is an age old tradition. The three kings came with gifts to honour baby Jesus. We all present gifts to our near and dear ones sometime or other during celebrations or auspicious occasions. Various opportunities, responsibilities, abilities in us are gifts from Heavenly Father. Our society is also with full of talented people which is a gift from Lord Almighty. We are blessed with numerous types of gifts.

We also offer gifts to our business associates. We also give gifts to the needy and deserving persons, poor, etc.

So the tradition of giving Gifts is the topic for this Christmas Special Issue of the Secular Citizen. We welcome articles on the theme of GIFTS from our contributors and other writers. Send your articles of contribution to reach us at least by 2nd December 2019.

The Secular Citizen

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Self-care for busy people

Self care is necessary for our physical and mental health, yet often it's the first thing we drop when we find ourselves stretched for time. Without adequate self care, we are less likely to be the best possible version of ourselves, and our relationships, work, and experience of the world suffers as a result. Although it might feel like the opposite, the times when we feel least able to pay attention to our self care are the times when we most need it. If you're feeling stretched for time, it can be difficult to know how to start fitting self care into your week. Here is an effective guide to self care for busy people



as sometimes we do need to distract from difficult and uncomfortable thoughts and feelings, if

we never let ourselves feel them then they will build up. We need to try and let ourselves deal with them in small, short bursts.

Start Moving and Shaking:

You likely know exercising reduces the chance of you developing heart disease, stroke, or diabetes. However, did you know that exercise also protects your memory and thinking skills? Studies suggest that the part of your brain that controls your thinking and memory have “greater volume” in people who exercise. The recommended amount of exercise per week is 150 minutes, but it is okay if you start small and work your way up.

Nurture with nutrients:

There are plenty of nutrients in fruits and vegetables. The problem is most people do not have the proper amount of nutrients in their food. As a result, you are forced to take vitamins to get the nutrients you need. Supplementing your nutrients with vitamins is always an option, but you have to eat anyways. Might as well kill two birds with one stone by eating foods that have a high nutritional value.

Block It Out:

Self-care is important so we need to prioritise it. To stop it from entering ‘not enough time’ territory, we can try blocking it out in our diaries in the same way we would with an appointment. It can be in a personal diary, or even in a shared diary. We don't have to put what it is, just label it ‘personal appointment’. Writing it down rather than having it floating around our heads can help to hold us accountable. It can help us to keep the time blocked out, rather than filling it with other bits and bobs

Use Your Funny Bone:

All you need to do is laugh. Even if

you do not find anything particularly funny, laugh anyways. Laughing can improve your mood and it is also shown that people who laugh live longer. Even though it may feel unnatural to laugh when you do not find anything funny, your fake laugh will turn into a real laugh.

Learn from Superman:

You know how Superman needs the sun to refuel? Well, you do too. Open a window or take your work outside, it does not matter. You are doing well as long as you have the sun shining down on you. Unlike other essential vitamins, which are obtained through food, vitamin D is achieved through the skin's exposure to the sun. In fact, at least 1,000 different genes that manage virtually every tissue in your body are regulated by vitamin D!

Connect with Your Inner Self:

Mindfulness meditation is a powerful self-care tip for the busy person. You can accomplish mindfulness meditation in as little as a few minutes. All you need to do is focus on the present. One of the easiest ways to practice mindfulness meditation is to focus on one of your five senses. Your senses are always in the present, so focusing on them will help you to be mindful of what is going on in the here and now. It can help you to increase your ability to regulate emotions, as well as manage your stress and anxiety.

Be a Caregiver:

Helping others is a great way to improve your well-being. You can help a coworker, grow a plant in your yard, or even get a pet. By taking the time to help others, when they succeed, you feel rejuvenated yourself. This can be as small as holding the door for someone or you could have a plant that you only need to water once a week.

However busy we are, whatever is going on in our lives, we are important. There is help available if we need it. Sometimes we have to put ourselves first. We deserve to feel safe and cared for. We deserve to look after ourselves. It's important that despite our busyness, we make time to do that.

When we're busy, self-care can be one of the first things to drop off the end of the 'to-do' list. It's very easy to think it's not important and that there are other things we need to do first. However, self-care is important. Without it, we burn out quickly. We can't give our all to our families, friendships and occupations if we have nothing left to give. Self-care gives us time to regroup and recharge. Self-care is quite literally taking care of yourself. It isn't just about getting a massage. It is any action you take to preserve and improve your health, wellness, happiness and fulfillment. We've all heard the saying, “you can't pour from an empty cup” or “put on your own oxygen mask before assisting others.” These are self-care. You cannot take care of others if you do not take care of yourself first. This takes on a whole new meaning when you also have kids and a family. Therefore, let's start with the basics:

Let Yourself Feel:

One thing that busy people are excellent at, is avoiding feelings. We busy ourselves up so that we never have time to think or feel. We run from our thoughts and feelings, put our hands over our ears, sing 'lalala', and tell our brains we are not listening. As much

The Seven Petitions In The Lord's Prayer

In true devotion and faith the people of God, say the "Our Father" prayer, also known as "The Lord's Prayer", and in the ancient tradition of the church was called the "Priestly Prayer of Jesus", with firm faith and zeal as taught in family and prayer circles among Christians. This "Hour of Jesus Prayer" was first given to us by Christ in response to the request of his disciples to teach them to pray.

Saint Luke had earlier presented a shorter explanation with five petitions in "The Lord's Prayer". Sometime later Saint Mathew presented the prayer in seven petitions. The Church has kept to the seven petitions as shown by Saint Mathew.

The Catholic translation into English of "The Lord's Prayer" was taken from the Greek, which was in original Aramic, the language Jesus spoke. Translators have found it difficult to preserve with absolute correctness an idea from the original text. In the case of "The lord's Prayer", according to Pope Francis, one line needs consideration for change.

The sentence, "lead us not into temptation", is the line under debate, and there is no one but the Holy Father who can do it. We wait with abated breath around the world of 2.2 Billion followers of the faith who say the prayer daily. One possible change might be: "lead us away from temptation".

Jesus was tempted by Satan in the desert, where the Lord fasted for forty days and forty nights. God never permits evil or lets evil into his divine life – this desert experience gives us the

strength and trust in Christ to turn to him in our need to ward off temptation and sin. Jesus drove away Satan with the words: "Be off, Satan! Scripture says: Worship the Lord your God and serve him alone". (Mat.4:10). The devil fled.

The Lord's Prayer is an open door to heaven, making us sharers in Christ, appropriately in communion with those gone ahead of us. When we pray, we are taken into the mystery of his Kingdom through Jesus, His only begotten Son.

'Our Father', is God, 'Who art in heaven,' and in the temple of our heart in faith, as he is in His holy place. Jesus came down from heaven, his Father's kingdom and our home after this life.



BY MELVYN BROWN

Consequently, it is a welcome act of definition to learn that St. Mathew had been inspired to list Seven Petitions found in "The Lord's Prayer" which the Church has as the seven blessings. The first three are theological, showing us the glory of God. The last four

appeal to God to assist us with His grace. Read Psalm 42:10.

The Seven Petitions

1. "Hallowed be thy name"

This invocation is taken as a thanksgiving and as an expression of praise. Jesus wants us to be involved with God in adoration, in appealing as a child would to his father on earth. But first we show respect to His name, saying hallowed be your name and humbly asking God to hear our prayer.

2. "Thy Kingdom Come"

God's kingdom is not of this world. It is in our heart and the hope we have, after this life to enter His kingdom in heaven.

3. "Thy will be done on earth as it is in heaven"

God's will is to save humanity and for man to know the truth. His commandment is "that you love one another; even as I have loved you, that you also love one another"(CCC 2822).

4. "Give us this day our daily bread"

A child in trust turns to his father for food, comfort and love. We ask God, our heavenly Father to also "give us" according to our spiritual and material needs. We need His nourishment and blessings".

5. "And forgive us our trespasses, as we forgive those who trespass against us"

Forgive to be forgiven. Do unto others as we wish others to do unto us. This petition has one request not two. What we do in the present, is to look to the future. We believe in the Son, for in Him "We find redemption and the forgiveness of sins". When I forgive, I receive forgiveness.

6. "And lead us not into temptation"

This is a difficult sentence to correctly interpret, as it is taken from the Greek and translated into English. The Greek means both "do not allow us to enter into temptation" and "do not let us yield to temptation". (CCC 2846/ 164).

7. "But deliver us from evil. Amen."

Protect us Lord from Satan. We ask the whole Church to deliver the faithful from evil through its pastoral ministry, homilies, petition at Holy Mass, and in confession. "Through the power of the Holy Spirit, with grace and love in God Almighty in this last petition, we acknowledge the fact that Satan is the force of evil in the world."(CCC 2852).

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Thanksgiving



Thanks to Divine Mercy, Sacred Heart of Jesus, St. Anthony, St. Jude, St. Martha, Our Lady of perpetual Succer and Infant Jesus for favours granted

—V. Mascarenhas, *Bandra.*

Thanksgiving

May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and everyday throughout the world, now and forever. Amen!!

Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is

—Natasha P, *Bandra*



Yummylicious mug pizza

Ingredients :

- All-purpose flour - 1/2 cup
- Baking powder - 1/4 tsp
- Baking soda - 1/8 tsp
- Whole milk - 1/4 cup plus 3 tbsp
- Olive oil - 2 tbsp
- Red sauce - 2 tbsp
- Fresh mozzarella cheese, roughly torn - 50 grams
- Fresh basil leaves, thinly sliced 1 to 2
- Salt - as per taste

Method :

- In a large microwaveable mug, stir together the flour, salt, baking powder and baking soda. Add the milk and olive oil and stir until the dough comes together. Using your fingertips, flatten the dough to cover the bottom of the mug.
- Top the prepared dough with the marinara or red sauce, spreading evenly. Add the cheese in an even layer.
- Transfer the pizza mug to the microwave and heat on high until the dough has puffed up and cheese is melted, 2-3 minutes.
- Carefully remove the pizza from the microwave. Garnish with basil and a sprinkling of salt if desired. Enjoy your mug pizza while its hot.

Kitchen Tips

- While chopping vegetables, chop in a bulk, use what is needed and put the remaining in the fridge for later use. Chopping a vegetable at a stretch saves a lot of time.
- Have lots of peeled garlic in an air tight box in the refrigerator.
- Grate a whole coconut at a time and refrigerate/freeze it so it can be used easily whenever needed. You can use the grater attachment in the wet grinders to get it done easily. I prefer freezing as it stays fresh longer (upto 3 months). Thaw it for 5 minutes before each use.
- Fry grated coconut in bulk with curry leaves and store it in the fridge. This can be used easily whenever gravies have to be made.
- Whenever you boil potatoes or cauliflower make some extra and put it in the fridge. This can be used to make stuffed parathas, cutlets etc.
- Use the microwave to saute onions, tomatoes and to cook up the vegetables.

Advantages of family meals



We have heard the popular saying; a family that eats together stays together. These days it seems like meals are always consumed 'on the run'. Sitting down for a family meal may feel like a luxury you can't afford with your family's busy schedules. Busy schedules of both parents and children make it harder to have 'family dinners'. But families may not be aware of the benefits that come with regularly eating together at the table. Research suggests that having dinner together as a family at least four times a week has positive effects on child development. Family dinners have been linked to a lower risk of obesity, substance abuse, eating disorders and an increased chance of graduating from high school. Family dinners may require effort in planning but the benefits in mental and physical health to you and your family are more than worth it. Given the positive benefits of eating together, why are more families not doing it? One benefit of eating meals together is the effect on strengthening family bonds. Family meals provide a daily time for the whole family to be together. For younger children, having routine family meals can provide a sense of security and a feeling of belonging in the family. Older children and teenagers, too, prefer eating together as a family. Regular family meals provide opportunities for the family to develop better communication. Eating together as a family is more than just a meal, it is an opportunity for families to come together regularly in support of family unity.

Power naps can actually refresh you

A power nap is a short sleep session, typically occurring during the day, which lasts for a period of approximately 10 to 30 minutes. Those people who long for a mid-afternoon shut-eye, think wistfully about their comfortable beds and even manage to get a less turbulent life. That is because sleeping during the day can actually make a person wiser!

Studies have found that power napping when one feels drowsy increases alertness and refreshes you, unlike having coffee or forcibly keeping yourself awake. A 20-minute nap boosts learning and specifically motor learning that is, the kind of learning required to perform a skill, such as playing a piano or riding a bicycle. On the other



hand, benefits for improving long-term memory of learned material are thought to result from longer naps that include the deep sleep stages.

Moreover, a night's sleep may not actually be sufficient to overcome a day's worth of stress, worries and data. Your brain becomes overwrought and sluggish. In that state of mind, if you have to take a split second decision, your brain would fumble. A revitalised brain is alert, astute and primed for decision making.

Complications you may face by eating hotel food

Feeling bored to cook? You might be thinking to either order food from any hotel or sit there to munch the foods. This trend has become more popular now a days but it should not be part of your daily routine. You may lick your fingers and savour of the moment after that lip-smacking bucket of fried chicken or the burger you just polished off but in the long run, this may cause you several health complications.

Obesity : Restaurant food is extremely fattening and can raise your cholesterol levels sky-high. Obesity is now a major modern health problem, with it affecting children from young ages. In adults, it increases the risk of Type 2 diabetes. To our brain, this food is often very rewarding and we

tend to overeat as a result.

Imbalance diabetes : The desserts and sodas that you love are full of artificial sweeteners and high fructose corn syrup. Sugar is hardly nutritious and only adds to energy levels, which when not burnt off lead to all the oodles of fat in your belly. It can also increase your resistance to insulin.



More with fats : Foods at restaurants, particularly fast food items, tend to have a lot more saturated fats and trans fats than meals you may prepare yourself. According to health experts, to improve your health, you should try to lessen the amount of fats you consume in the diet, rather than cholesterol itself, as a diet high in fat raises cholesterol levels.

Improve Fast

Today RBI Governor said he will take two or three quarters to improve the economy. I told him to take the entire bottle but do it fast.

SBI Bank Manager goes to a South Indian restaurant.

He asks the waiter: "What have you got?" Waiter, "Idli, vada, upma, pongal, dosa, poori, parotta, naan, oothappam, idiyappam."

Banker : "Ok, ok bring idli, vada and dosa and two oothappam for parcel."

Waiter : "Sorry sir.... all sold out. Nothing is left."

Banker : "Why the hell then did you recite such a big menu?"

Waiter : "Sir I go to your ATM daily. After asking for PIN, Account details, Amount required, whether printed receipt required etc, it finally says 'No Cash'. Now you know how it feels when that happens!"

Methods to measure Economic development in different countries

America : Growth rate

Britain : Job creation

Germany : Per capita income

France : Inflation rate

India : Box office collection

How to give dignity to job titles in style

Gardener : Landscape Executive

Car cleanern : Car Hygienist

Maid : Domestic Manager

Messenger : Business Conveyor

Tea Boy : Refreshment Technician

Garbage Collector : Environment

Sanitiser Thief : Wealth relocation Specialist.

Teacher : Students draw a picture of bacteria

Johnny : Here it is Ma'am!

Teacher : Where? It is blank.

Johnny : You told that bacteria cannot be seen with naked eye!

Doctor : Good news! You are going to see your wife again.

Patient : But she has been dead for



5 years.

Doctor : Exactly!

Rita : What is the name of your car?

Riccha : I forgot the name but it starts with "T"

Rita : Oh, what a strange car, starts with Tea. All cars that I know start with petrol.

Ram : You cheated me.

Shopkeeper : No, I sold a good radio for you.

Ram : Radio label shows Made in Japan but radio says this is 'All India Radio!'

What's in a name?

I recently met a Chinese man and his name was Kanna Swami. I asked him, "How did you ever get a name like that being a Chinese?" He said, "Many, many years ago when I first went to USA. I was standing in line at the Political Asylums Immigration Counter. The man in front of me was a Sri Lankan Tamil refugee. The white lady at the counter looked at him and asked, 'What is your name?' He replied, 'Kannaswami.' Then she looked at me and asked, 'What's your name?'

"I said, 'Sem Ting.'"

Ramesh : I think that girl is deaf.

Suresh : How do you know?

Ramesh : I told her that I Love her but she said her chappals are new.

Salesman : Maam, do you want his powder?

Lady : For what?

Salesman : For ants

Lady : No. If I give powder today, they will ask lipstick tomorrow!

Officer : Madam, swimming is restricted in this lake.

Lady : Why didn't you tell me when I was removing my clothes?

Officer : That is not restricted.

Sameer : How the word 'Wife' was invented?

Firoz : They took the first two and last two letters of 'Wildlife'!

Bank manager asks Santa in an interview: What is cyclone?

Santa : It is the loan given to purchase a cycle.

The 100 metre race referee- '1,2,3 GO!'...

Everybody started running except Johnny.

Referee - Why are you not running?

Johnny : My number is 4.

Two men were fixing a bomb in a car,

Venkat : What would you do if the bomb explodes while fixing.

Johnny : Don't worry, I have one more.

The question

An illiterate tribal went to a bank for a loan of Rs 2,00,000 to buy buffaloes. The Branch Manager asked what collateral security will he offer. Since the tribal didn't understand the concept, the Branch Manager explained in detail about collateral security. The tribal kept his house as collateral and the loan was sanctioned for Rs 2,00,000 at 9 percent interest for 5 years. In 6 months the tribal repaid the entire loan. The branch Manager was very happy and asked him what he was doing with the excess Money in the hope of getting his FD target fulfilled. The tribal said he kept it in his house locker. The manager then pitched for his FD deposit saying that the Bank will give 7 percent interest and that his money will grow. The tribal asked him "What collateral security will your bank offer me to keep my money in the bank?"

Inspiration!

Time to turn your dreams into reality

SOME PEOPLE DO so well at achieving their goals, while others never seem to turn their career aspiration into reality. Why? Because “doers” put their plans into action, while ‘dreamers’ set high goals that they can never actually fulfill. To get yourself on the ‘doer’ track, you’ll need to give yourself a reality check on goal setting

A lot of people can categorise themselves as a dreamer; very few fall into the ‘doer’ category. And all this because the dreamers are wasting their time thinking what if instead of telling the world what’s what. There are a few steps they can follow that will get them closer to fulfilling their ambitions. We all have dreams, ideas and goals we want to achieve in life. Ideas and dreams are necessary, they lead to progress and advancements in every sector of society. The question is, how do we turn our dreams and ideas into reality? Below are ways you can change from a dreamer into a doer.

Seek out motivators :

A dreamer can motivate himself by surrounding himself with other motivated people. You’ll be eager to compete with their lofty ambitions, which will help you deliver better work faster. If you surround yourself with losers you’ll end up in last place like the rest of them. If your friends are winners then you might become one, too.

Map out the big picture :

A dreamer can’t get anywhere they really want to go without a road map to guide them. Draft a detailed plan of what you want to accomplish over the next day, week, month, year, two years, five years and maybe even further. List only accomplishments that are in your power to achieve.

Set reasonable expectations :

Evaluate your goals and set reasonable expectations. The key with setting expectations for yourself is hitting that sweet spot where you’re motivated to work quickly and not depressed because you can’t keep up with your self-imposed schedule.

Learn new skills :

One of the major things holding a dreamer back, other than himself or herself, is lack of knowledge about the subjects that pertain to their ambitions. Do everything you can do to beef up on necessary information for your industry.

Develop your soft skills :

No matter what you’re doing, whether it’s a volunteer commitment or a paid job, develop your soft skills. Specifically, actively work on improving your work ethic, grit and people skills. You need these soft skills to succeed at whatever you want to do.

Get some experience :

Just like an aspiring writer benefits from some experience in the publishing industry, so can you benefit by getting your feet wet in your field. If you’re chasing a dream career then you’re probably not going to be paid for it right away and that should be okay with you.

Believe :

If you can’t see yourself actually achieving the goal you set, then

you’ve already doomed yourself to fail. Visualise yourself reaching your goal - and spend all your strength before giving up.

Do your research :

To turn your dream into reality, you must do your research. With so many resources available at your fingertips, you have lots to learn! Listen to podcasts, watch videos, read books, talk to people you know who have made a similar venture.

Know when to let go :

While you shouldn’t rush to defeat, neither should you be too slow to wave the white flag. Not every job is for every person, even if it’s in a field that you love. If that becomes clear, you need to accept that your favourite thing might not be the thing you’re best at. You became a doer rather than a dreamer once; you can do it again with something now.

Stay committed :

Your dreams and ideas are your personal projects to make them happen, you need to commit to them. Start off with small steps, you don’t have to rush into making a big leap! Try to squeeze some time into your schedule every day to work on your dream. It may not seem like a lot but it will get you closer to achieving your dream.

STRENGTHS SKILLS AND PASSIONS

- Analyse what you do well. Be realistic. Do assessment tests. Ask your friends, family co-workers, professors and employers. All of us can improve our skills and get better at jobs but there are some jobs that are more suited to our personalities and talents. Figure out what your strengths are.
- What are you passionate about? How do you want to make a difference in the world and leave your mark?
- What can you get paid to do? Some of the things you love will always be a great hobby. Others may translate into a job. Figure out the difference.

Be Your Maker

By Dr George Kaitholil SSP

Reviewed
by Ladislaus Louis D'Souza

BETTER YOURSELF BOOKS – 2019
- ISBN 978-81-7108-910-9 / Pp 103 /
Rs 100

Jane Perry, a modern day British screen and stage actress of repute, says, "The tools for creating a masterpiece of life are here. You are the artist. Success will depend on your faith" (p 9). **BE YOUR MAKER** is a tool par excellence in that it has the reader seized of the need to re-invent himself in the mould of success of a writer-speaker whose reputation spans two millennia, viz Paul of Tarsus! Writing to the Philippians [3:13] of his time, Paul shares his secret of success thus: "Forgetting what is behind me, I race forward and run towards the goal" (p 99)!

Dr George Kaitholil, a widely read writer-speaker himself, brings to bear on **BE YOUR MAKER** (his 91st title no less!) his acumen as teacher and spiritual guide spanning several decades, cutting across as it does the cultures and traditions of both East and West. According to the *Panchatantra*, "God befriends the one who climbs determination's height." Bringing out the essence of determination as an intrinsic element of success are the numerous true stories and anecdotes, quotes from sacred scripture and from the writings of saints and seers alike that the book brings the reader. You can thus shape your future and write your own destiny, making yourself the kind of person you want to be.

Given the pace at which the world is moving in an age of instant connectivity, there's a lot in our human makeup that can take a rude beating, 'self-esteem' being one such casualty. What better boost to one's self-esteem than the story of 31 year-old Sajesh Krishnan who lost his left leg in an accident in 2005. Ten years later, buoyed up by his interaction with members of "The Challenging Ones", a group of amputees brought together by Major D.P. Singh, an amputee of Kargil War [1999] fame, Sajesh participated in a marathon, successfully completing 5 kms in 46 minutes, earning the distinction of

being the only amputee marathoner hailing from "God's own country", Kerala! "It is easy to fall, blame fate and live like that. But.....I wanted to survive,.... to move on. Concentrating on positives helped a lot, but accepting my reality is the main thing that helped me," says Sajesh who is today a medical gas pipeline engineer by profession (pp 45-46).

Backing such tenacity as described in **BE YOUR MAKER** is the Book of Sirach [22:16-17] in the Holy Bible which points out: "The wooden joint in a building is not dislodged by an earthquake; a determined heart, after careful reflection, will not be moved when crisis comes. A decision based on serious reflection stands like plaster on a firm wall" (p 101). Kaitholil's book, in fact, proposes nothing impossible, nothing too hard to achieve, all that is needed to accomplish what it says being determination and regularity in taking the steps required. Put differently, success is in your hands!

BE YOUR MAKER, as is evident in the chapter headings - 1. *Are You the Person You want to be?* 2. *Outshine Yourself;* 3. *Be a winner;* 4. *Perk up Your Personality;* 5. *Shape Your Future;* 6. *Ways to Better Yourself;* 7. *Have a Positive Attitude;* and 8. *Mind the way You Relate to Others* – brings you a simple, practical, step-by-step programme that will refresh and energize you to discover your true self. This self-discovery is further enhanced by the pleasure and delight the reading of the book provides you with and the guidance its contents bring you for leading a truly happy and fulfilling life, prompting you to take heart and do your best in everything you undertake in life. The wealth it thus draws out from within you will influence you to build yourself up into an intellectually, spiritually, morally, socially, financially and physically self-made person, true to the courage of your convictions! But first, "we must," as Heartstill Wilson says, "have VISION TO SEE our potential, And FAITH TO BELIEVE what we see; the COURAGE TO ACT with conviction and become WHAT GOD MEANT us to be!" (p 101) With **BE YOUR MAKER** as your partner you can never miss your target!



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Thanksgiving

May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and everyday throughout the world, now and forever. Amen!!



Ask St. Clare for three favours two impossible and say nine Hail Marys and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is

—Felix Pereira,
Navi Mumbai

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(Contd.. from p. 7)

by the Christians of America and with deep faith in Jesus Christ became Christians there. But the Americans have accepted them as one of them without any discrimination of colour or race.

Like Bobby Jindal and Richard Rahul Verma, there are many Indian-origin, the so called upper caste Hindus, who have converted to Christianity and live happily in USA. As they have embraced American culture and Christian Religion as their own and so also the Americans have not only accepted them as their own citizens without any discrimination but have also voted them to high politically powerful posts! Can you imagine such things happening in India?

In this context we may note that in a public advertisement on the Republic Day 2015 put out by Modi Government two significant words Secularism and Socialism have been omitted from the Preamble! When such important words of Secularism and Socialism of Indian Constitution are taken out in official Government advertisement it is but natural many Indian citizens feel worried and threatened!

It is true that these two words are not there in the very original text of the Constitution. But the ideas of Secularism and Socialism are there in the whole Constitution. Still those two words are officially included in the Constitution later. Thus articulating the two words Secularism and Socialism our commitment to them is publically declared in the Constitution. It is also showing 'red-light' to those forces who challenge the enshrined ideas and values of the Constitution. Everyone knows that the different religions, variety of cultures and the protection of the rights of the minorities in India are not acceptable to Sangh Parivar. So against these ideas and values the Sangh parivar wants to make India a 'Hindu Rashtra'! And the Sangh parivar is working very hard at it!

Now those who want to make India a 'Hindu Rashtra' have tried to omit the

Titles of James Bond 007

On a weekend when you want to have fun,
It's worth seeing "**The Man with the Golden Gun**"
You need to let the little things that would ordinarily bore you to suddenly thrill,
But those little things must never mean the "**Licence to Kill**"

When we think of world peace, we think of a dove,
The place must originate from "**From Russia with Love**"
Countries must not separate each other by building a wall,
Since nature maintains its balance with the "**Skyfall**"

On snow-capped mountains, soldiers slip and fall,
Their minds are illusioned with the image of a "**Thunderball**"
However they always find a way to resurface,
Since they are "**On Her Majesty's Secret Service**"

While dating if you find no takers,
Then it is time to sail on the "**Moonraker**"
Suddenly in your life when you find she,
You will refer to her as "**The Spy Who Loved Me**"

Trekking means a travelling experience with a thrill
When you reach the top of the mountains it is like a "**A View to a Kill**"
When on a holiday we are told to be loyal,
However one always ends up at "**Casino Royale**"

Even if people think you are not wise,
It's fine, since at the end of the day "**You Only Live Twice**"
When in trouble do not lie,
It is better to "**Live and Let Die**"

In your career when you are in your twilight,
Join an NGO and erase "**The Living Daylights**"
When you need to move on, but memories tend to linger,
It is better to switch and go for the "**Goldfinger**"

If you are under scrutiny and meet the tax collector,
Pay your dues before he becomes a "**Spectre**"
When the time comes to claim a share of the pie,
You are always ahead as "**Tomorrow Never Dies**"

Sickness is time we regret and say Oh,
However our minds resound with "**Dr. No**"
If you are feeling down and lonely,
Watch the movie which is "**For Your Eyes Only**"

—Craig Dsilva

two significant words of Secularism and Socialism. But there were all India protest against such omission and Government understood its blunder and crime. So Minister Arun Jetley of Modi Government has assured the protesting people that the Preamble

of the Constitution will be used with those two significant words of Secularism and Socialism. All the same the citizens need to be ever watchful to protect such noble ideas and values of the Constitution. The English saying goes to say, "The price of freedom is the eternal vigilance". #

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7018. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email : fredrick.dsouza0110@gmail.com

6973. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Sc., Nautical Science, working as 2nd Officer in Merchant Ships. Contact email : meltondsouza@gmail.com

7019. MUMBAI : TAMILIAN Roman Catholic Bachelor, (Born in June 1981), Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Services. Contact email : dasvinod1@gmail.com

6912. SAUDI ARABIA : Mangalorean Roman Catholic Bachelor, (Born in January 1981), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. 10th Std., working in Saudi Arabia. Contact email : dsouzasachin77@gmail.com

7034. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. M.C.A., Software Engineer, working as an Software Engineer, Asst. Manager (IT), Only Son seeks alliance from Mangalorean RC Spinster, educated, working in Mumbai. Reply with full details & photograph to email : ID : vivian1548@gmail.com
Mobile : 9096141335

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7083. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1985), Ht. 6', Wt. 68 kgs, Wheatish Complexion, Edn. M.Com., PGDLM, PGDSM, working as PPM & Data Engineer in Shipping Company. Contact email : ryan.intermilan@yahoo.co.in

6971. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1987), Ht. 6', Wt. 81 kgs, Wheatish Complexion, Edn. B.E. Electronics, working as a Tech. Lead, in Mysore. Seeks a graduate, tall, Mangalorean girl. Contact email : dsz.roshan@gmail.com

6888. AMRITSAR : Roman Catholic Bachelor, (Born in March 1990), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. Hotel Management (Diploma) in Singapore, working as a Captain. Contact email : shephalivancet0@gmail.com

6968. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1991), Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate in Commerce. Working in Dubai since 2014 in Indian Consulate Office. Designation Senior Customer Executive. Contact Email : shalenedsouza4@gmail.com

6965. MANGALORE : Mangalorean Roman Catholic Bachelor, 36 years, Ht. 5' 1", Wt. 63 kgs, Wheatish Complexion, Edn. SSLC., having Agriculture. Contact : 9964885911

6930. GOA : Goan Roman Catholic Bachelor, (Born in August 1979), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. SCC and Diploma in Electrical, Electrical Contractor. Contact email : cajetan1208@gmail.com

6909. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1988), Ht. 5' 11", Wt. 74 kgs, Wheatish Complexion, Edn. Bachelor of Engineering in Information Technology, IT Professional. Contact email :

allwync88@gmail.com

6904. MUMBAI : Converted Roman Catholic issueless Divorcee, (Born in April 1971), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc., MBA, working as a Territory Manager. Contact email :

sudeeptalukdar2003@gmail.com

6899. MUMBAI : Roman Catholic Bachelor, (Born in June 1968), Ht. 5' 7", Wt. 77 kgs, Wheatish Complexion, Edn. Diploma, Mechanical Engineering Graduation, MBA, working as an Engineer. Contact email : teresa.mimr@gmail.com

6898. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1988), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. Post Graduate in Hotel Management, working as a Supervisor -Food and Beverage in Royal Caribbean Cruise USA. Contact email : rohanfernandes61@yahoo OR Mob.: 8459353089 / 7407814175

6893. MANGALORE : Mangalorean Roman Catholic Widower, (Born in January 1967), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate, working in Automotive Sector. Contact email : dan_3627@yahoo.ce

6924. MUMBAI : Mumbai born and broughtup Roman Catholic Keralite Bachelor, (Born in September 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.Sc. (I.T.), working as a Sr. Software Engineer in Foreign Bank. Contact email :

dianamanuel320@gmail.com

6891. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 9", Wt. 70 kgs, Fair Complexion, Edn. B.Com., well settled. Contact email : starwin89@gmail.com

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mail2tinafernandes@gmail.com

7081. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1993), 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. Masters of Dentistry (MDS), Dental Surgeon, Doctor by profession. Contact email : carlferns93@gmail.com

7093. MUMBAI : Gujarati Roman Catholic Spinster, (Born in July 1982), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., working for Private Bank. Contact email :

annie.waghela@gmail.com

7074. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1985), 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.D.S., (Mumbai), Self Practising. Seeks a well settled qualified Or Professional bachelor. Contact : email :

dabfern@yahoo.co.in

7064. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1988), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, working for Private Company as an Accounts Executive. Contact email : cecrc19@gmail.com

7043. MUMBAI : Mangalorean based in DUBAI Roman Catholic Spinster, (Born in October 1988), Ht.

5' 7", Graduate in Hospitality Management from Mumbai University working in UAE invite alliance from well settled Bachelors. Kindly reply with full details and photographs to email : udyavar99@hotmail.com OR Whats app 9930527227

7060. MUMBAI : East Indian Roman Catholic Spinster, (Born in February 1983), Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., Diploma in Finance from NMIMS, Diploma in B, Self employed. Contact email : vianneyde2k@yahoo.com

7058. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1987), Ht. 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., working back office. Contact email :

venita_fernandes@rediffmail.com

7067. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1994), Ht. 5' 4", Wt. 54 kgs, Fair Complexion, Edn. Chartered Accountant, working for Finance Department in MNC. Contact email :

wpm999@gmail.com

7037. MUMBAI : Gujarati Roman Catholic Spinster, (Born in June 1979), Ht. 5' 3", Wt. 63 kgs, Fair Complexion, Edn. T.Y.B.A., Mumbai University, working as a Frant Office. Contact email : lisamacwan3@gmail.com

7070. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 5", Wt. 48 kgs, Wheatish Complexion, Edn. M.Com., CS., working as a Company Secretary in Private Firm. Contact email :

smile9920@outlook.com

7035. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1988), Ht. 5' 1", Wt. 80 kgs, Wheatish Complexion, Edn. B.A., Post Graduation Diploma in Tourism, Working as a Manager. Contact email :

louizad2002@yahoo.com

7082. MUMBAI : Tamilian Roman

catholic Spinster, (Born in September 1985), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. 12th std., working as a sales girl in Big Store. Contact email : susanmoses1385@gmail.com

7033. U.S.A. : Mangalorean Roman Catholic Spinster, (Born in September 1991), Ht. 5' 2", Wt. 62 kgs, Fair Complexion, Edn. M.Tech USA., working as a Business Developer. Contact email : vio.ban65@gmail.com

7020. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1982), Ht. 160 cms, Wt. 65 kgs, Fair Complexion, smart and goodlooking, Edn. HSC + Secretarial Course, working as a Receptionist. Contact email : dolphinz27@gmail.com

7098. MIRAJ : Protestant Spinster, (Born in November 1983), Ht. 5' 4", Wt. 52 kgs, Wheatish Complexion, Edn. Masters in Dental Science, Doctor by profession. Contact email : dprebentisch@yahoo.com

7055. U.K. : Tamilian Roman Catholic Spinster, (Born in April 1988), Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., working as a Staff Nurse in UK. Contact email :

o365acc@gmail.com

7046. MUMBAI : East Indian Roman Catholic Spinster, (Born in October 1986), Ht. 5' 5", Wt. 54 kgs, Fair Complexion, Edn. B.Com., / 7 Level German, working as Sr. Associate German a/cs. in Multinational Bank. Contact email :

fernweh.stan@gmail.com

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7066. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email : l2018anselm@yahoo.com

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The Most Learned Prime Minister Dr. Manmohan Singh

Never we could see in those days a cheap, purchasable desire for publicity... PMO never bought media or mediemen then.... Today the veracity of a statement is doubted.... a big price is paid to media men... Channel lines and newspapers to fill the party-line. This was totally unheard of in Dr. Singh's time.

by Ignatius Dhabhi

The global economy has drastically - slowed down and according to the latest International Monetary Fund, India is the worst -hit economy. "India will experience more pronounced effect of the slump....," reads the report. Most of the knowledgeable experts all over the India feel that the country needs the veteran economist like

Dr. Singh Obama and economist from the Harvard School of economy - U.S - as the President of America had officially sought the advice of Dr. Singh when his country faced hard days. The more years of Indian economy in 2008 were successfully managed by Dr. Manmohan Singh. During the ASIANA Summit he was specially honoured as " the most learned Prime Minister". As soon as Mrs. Sitaram was named Finance Minister, she

was humble enough to meet Dr. Singh at his residence..... He rises up beyond the party-line and the entire BJP big shots know that his advice has been for the good of the nation. I was lucky enough to meet him twice - once in his office when he was the P M and secondly in Anand at Amul Dairy - at Dr. Varghese Kurien's Guest House....

He had been the Prime minister for a long term after Nehru and Indira. His humility and sharp understanding are highly impressive. He hardly gets nervous or irritated. His silence with understanding eyes makes you twice to talk to him. His biggest gift to the millions of poor Indians is MANREGA project and Right To Information. As

years pass, thousands of people have started to realize his worth and greatness. I M F greatly valued his words and advice. He always speaks English and that's why he remained away from the masses. The nation never saw him in regional dresses and dramatization is never in him. But as time passes, his worth and importance are realized.

The worst period of his prime



Dr. Manmohan Singh - the then Prime Minister in his Delhi office. The author Ignatius Dabhi was invited for his article in a New Delhi newspaper. "Globalization and Indian economy" had been for the first time thought of by Dr. Manmohan Singh.

ministership was his second phase. India was greatly shocked and disturbed as big economic scandal came into light. Dr. Singh had been a scholar, expert but not a good administrator. Sonia - Rahul duo tried to take the maximum advantage of his goodness. All importance files from the PMO were daily 'checked' by the duo.... Dr. Singh, as a P M, was never assertive and demanding. Given his scholarly nature, he could never be vindictive, sneaky or duplicate. He is not a good speaker - much less a man of drama.

His government worked from 10 Janpath - Sonia's residence. The greatest achievement of Dr. Singh was he saved India from 2008 slump.... which according to experts, had been as bad as " the great depression of 1929"..... Today's economic conditions are serious and grave, and for this as per Dr. Singh, the "present government economic policies are directly responsible...." Whenever asked about his deep knowledge of economy, he said, "because of my education..." Born in Pakistan's remote village, with no electricity, roads, hospital, school, no basic facilities.... His eyesight was greatly affected because he studies for hours and hours in an oil lamp.... That weakened his eyesight. After the partition, the family moved to India and he continued his hard struggle with books. He received scholarship and landed at the Oxford University. He excelled there and he was the first Asian to receive the prestigious Adam Smith Award.... The West and The US know his worth and he is greatly respected there. He returned to India and started teaching in a college at Amritsar, where he came in touch with the author Mulkraj Anand. Mulkraj took him to meet Pandit Nehru who invited him to join politics....

His five outstanding gifts to India are :

1. Economic in 1991. The I M F considered these reforms as "giant steps"
2. R T I Act 2005. All types of corrupt practices came into lights
3. MANREGA 2006. Lacs of poor people got right to work and right to get money.
4. Civil Nuclear deal 2008 - may be the biggest achievement of Dr. Singh.
5. Food security Bill 2013.

Dr. Manmohan Singh will be considered the greatest Prime Minister.... The history will judge him so. Secular Citizen wished him a long life....

Popular Jesuit of Mangalore now into 80s

by Ivan Saldanha-Shet.M'luru.

In Catholic Mangaluru Rev Ravi Santhosh Kamath S J, better known as 'Fr Santhosh', a Jesuit of extraordinary popularity, born on October 5, 1939 in Bajpe, celebrated his 80th Birthday with simplicity and prayer. His latest home is the famed St.Aloysius College, on Lighthouse Hill. Public at large, friends and admirers from all over including Mumbai, from across all communities and social strata, revere him over many decades now. It is impossible to draw a picture of this extraordinary 'power house' of spiritual gifts in mere words.

Fr.Ravi Santhosh Kamath, S.J. is a illustrious 'Pereira' from Bajpe, he is well connected to established Konkani families in Mangaluru - he joined the Jesuit Order in 1958. From the very first year of his priesthood in 1971, he is known for 'funeral orations' in fact any orations - in the mold of Mark Anthony in Shakespeare's 'Julius Caesar'. In Mangalore, Bangalore, Mumbai and several other places in India and abroad, including many in New York where he was doing doctoral research. He has held many key functions including as professor in seminaries. Never fails to walk the talk, which is rare today.

He is a super linguist with unmatched skill in Western and Indian languages and recognition, who has helped hundreds of people in the last half a century to be successful. His homilies are educative by themselves - in spiritual, church and worldly matters.



Rev. Fr. Ravi Santosh Kamath S J

Indeed one will learn a lot just by hearing him regularly, this has been the observation of many. He is ever willing to oblige any individual or institution that needs his invaluable services. It was a pleasant surprise to see him fe-



licitated at Rosario Cathedral too. He fully deserves many a recognition that has alluded him due to his out spoken

nature, this is not uncommon with many great minds.

Fr Santhosh explains that funerals are open to all, he particularly attends funerals where death is sudden - like cardiac arrest or in an accident or when it involves untimely death - young people, not just of Catholics but everyone. He seems to somehow know everyone, the fact also is Fr. Santhosh visits the elderly to cheer them in their homes and also offers them spiritual solace in many forms. He was also a regular blood donor, even when he was a seminarian at Jeppu. For Mangalorean Catholics, Fr. Santhosh with his multi-faceted ministry, is an institution. It is noteworthy that even before canonization Fr. Santhosh laboured greatly with the Cloistered Carmel Convent to make known the great St. Mariam Baouardy, who lived in Mangalore for 2 years (1870-72), his grasp of history in general is really superb and can explain most theories in a practical manner in-depth.

His contributions at the St.Joseph's Seminary, St.Aloysius College, Fatima Retreat House and in many other places and individual work are too numerous to list in print. May he get due facilities and rewards he really deserves in his aging years. Even in retirement he moves around a lot for his mission in spite of his age, without due support, to minister in many ways to humans. He reads a lot and admires Secular Citizen too. All who know his large heart and goodness are grateful for his good work, may he continue in a comfortable safe manner, for many more years to come! Hurrah dear Father.

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